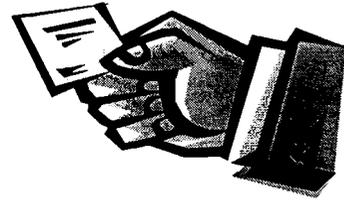


Handouts

1. The Ocean State Food Guide Pyramid
2. R.I. Grown Seasonal Availability Chart
3. R.I. Roadside Stands
4. R.I. Farmers Market
5. R.I. Apple Orchards
6. R.I. Grown Pick Your Own
7. R.I. Certified Organic And Transitional Organic Farms
8. Sweets of R.I. Honey and Maple Syrup
9. 2001 R.I. Marine Fisheries Commonly Caught Fish and Shellfish
10. Purchasing Seafood is Easy
11. Workshop Evaluation



RHODE ISLAND GROWN SEASONAL AVAILABILITY CHART



	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
APPLES	•	•	•	•	•	•	[Harvest]					
BLUEBERRIES							[Harvest]					
MELONS							[Harvest]					
PEACHES							[Harvest]					
PEARS							[Harvest]					
RASPBERRIES							[Harvest]		[Harvest]			
STRAWBERRIES						[Harvest]						
BEANS							[Harvest]					
BEETS						[Harvest]						
BROCCOLI						[Harvest]						
CABBAGE	•	•				[Harvest]						
CARROTS	•	•	•	•		[Harvest]						
CAULIFLOWER						[Harvest]						
CORN						[Harvest]						
CUCUMBERS						[Harvest]						
EGGPLANT						[Harvest]						
LETTUCE					[Harvest]							
PEAS						[Harvest]						
PEPPERS						[Harvest]						
POTATOES	•	•	•	•		[Harvest]						
PUMPKINS							[Harvest]					
RHUBARB					[Harvest]							
SPINACH					[Harvest]							
SQUASH, Summer						[Harvest]						
TOMATOES						[Harvest]						
TURNIPS, Purple Tops	•	•	•			[Harvest]						

[Harvest] Harvest

● **NOTE :** Some produce such as Apples, Cabbage, Carrots, Potatoes and Turnips are available from January to April, as well as harvest. Call your local roadside stands for availability.

above dates are approximate. A cool spring will delay crop maturity. Harvest dates may be a week to ten days earlier during a warmer than normal season.

Rhode Island Roadside Stands

Name	Address	Phone (401)	Hours	Months	Days
Mike's Vegetable Stand	1075 Scituate Ave. Cranston	944-3903	8am-6pm	May-Dec.	Daily
Pippin Orchard Nurseries INC.	1199 Pippin Orchard Rd. Cranston	828-0358	9am-6pm	Mar.-Dec.	Daily
Rambone Farm	2110 Plainfield Pike Cranston	942-6441	1pm-6pm	July-Oct.	Thu-Sat
Phantom Farm	2920 Diamond Hill Rd. Cumberland	333-2240	6:30am-6pm	Year-Round	Daily
Briarbrook Farm Inc.	2693 South County Trail (Rte.2) East Greenwich	884-2066	9am-6pm	Apr-Dec	Daily
Salisbury Farm	Plainfield Pike & Peck Hill Rd. Johnston	942-9741 or 647-5810	7am-6pm	June-July Sept.-Oct.	Daily
Pezza Farm	2279 Plainfield Pike Johnston	943-2707	9am-Dusk	Apr.-Dec.	Daily
Dimeo's Farm	396 Greenville Ave. Johnston	231-7472	8am-7pm	June-Oct.	Daily
Hodgkiss Farm	305 North Road Jamestown	423-0641	Noon-5 pm	June-Oct.	Tue, Fri & Sat
Our Kids' Farm (flowers and plants only)	555 Gardner Road Exeter	294-9187	10am-6pm	Apr.-July Sept.-Oct.	Thu-Sun
Schartner Farms	Route 2 Exeter	885-5510	8am-Dusk	Mar.-Dec.	Daily
Butterfly Farm	679 Great Road Lincoln	723-5464	10am-5pm	May&June Nov.&Dec.	Daily
Spatola's Farm	Washington Highway Rt.116 Lincoln	333-0582	2pm-5:30pm	Aug.-Oct.	Daily
DeLucia's Berry Farm	96 Willow Ave. Little Compton	635-2698	Noon-5pm	July-Sept.	Daily
Walker's Roadside Stand	261 West Main Road Little Compton	635-4719 or 635-4722	8am-6pm	June-Oct.	Daily
Wishing Stone Farm	(The Country Stand) 374 West Main Road. Little Compton	635-8424	8am-6pm	June-Oct.	Daily
Simmons Farm	1998 West Main Road Middletown	848-9910 or 847-3163	9am-5pm	June-Oct.	Daily
Lazy M Farms	1038 Aquidneck Ave. Middletown	NA	8am-5:30pm	April-Dec.	Daily
Sweet Berry Farm	19 Third Beach Road Middletown	847-3912	9am-6pm	June-Dec.	Daily
Little Tree Farm	7470 Post Road North Kingstown	294-4148	8:30am-6pm	Year-Round	Daily
Healey's Farm	1100 Lafayette Road North Kingstown	295-0912	9am-Dusk	July-Oct.	Daily
The Farmyard	7447 Post Road North Kingstown	294-9686	10am-5pm	July-Sept.	Daily
Tockwotton Farm	445 N. Quidnessett Road North Kingstown E-Mail: Quidfire@ AOL.com	885-4710	9am-6pm	May-Dec.	Daily
J.P. Hallene Farm Products	641 South County Trail North Kingstown	294-7598	9am-6pm	Sept.-Oct.	Daily
Blanchard Stand	West Greenville Road Rt. 116 North Scituate	934-0040	8am-6pm	Year-Round	Daily

Goodwin Brother's	Jct. Rt.5 & 104 North Smithfield	765-0368	8am-6pm	June-Oct.	Daily
Smith's Farm	385 Church Street Pascoag	568-4195	9am-6pm	July-Nov.	Daily
BAW Farm	904 Middle Road Portsmouth	683-9788	8am-5pm	June-Dec.	Daily
Frank Chase Farm	Stone Wall Stand 2418 East Main Road . Portsmouth	683-2238	8:30am-6pm	June-Nov.	Mon-Sat
W.Decastro & Sons Farm	1780 East Main Road Portsmouth	683-4688	8am-6pm	April-Dec.	Mon-Sat
Mello's Farm	64 Boyds Lane Portsmouth	624-6329	9am-7pm	May-Nov.	Daily
Wapping Roadside Stand	902 Wapping Road Portsmouth	848-7781	9am-6pm	May-Dec.	Daily
Appleland Orchard	135 Smith Ave. Rt.116 Smithfield	949-3690	9am-5pm	Aug.-Dec.	Daily
Jaswell's Farm Farmstand and Bakery	50 Swan Road Smithfield	231-9043	9am-5pm	June-Dec.	Daily
Pleasant View Orchard	143 Pleasant View Ave. Smithfield	231-4620	8am-6pm	April-Dec.	Daily
Helger's Produce	2474 Main Road Tiverton	625-5169	8am-8pm	Year-Round	Daily
Carpenters Farm Stand	522 Matunuck Beach Rd. Wakefield	783-7550 or 789-9666	9am-6pm	April-Dec.	Daily
Bettencourt Farm	35 Kinnicut Ave. Warren	245-5459	9am-7pm	July-Oct.	Daily
Frerichs Farm and Greenhouse	43 Kinnicut Ave. Warren	245-8245	9am-5pm	May-Dec.	Tue-Sun
Donabedian Fruit Stand	479 Warwick Ave. Warwick	941-7617	8am-7pm	April-Dec.	Daily
Morris Farm	2779 Warwick Ave. Warwick	738-1036	9am-6pm	April-Dec.	Daily
Confreda Greenhouse & Farm	2150 Scituate Ave. Western Cranston	823-1150 Fax 826-FARM	7am-7pm	March-Dec.	Daily
John & Cindy's Harvest Acres Farm	425 Kingstown Road West Kingstown	789-8752	10am-6pm	May-Dec.	6 Days Closed Tue

Rhode Island Farmers' Markets

Name	Address	Phone (401)	Time	Months	Days
The Governor Dyer Cooperative Market	Between Promenade & Valley Streets Rathbone and Hemlock	273-8800	5am - 10am	Seasonal	Daily
The Aquidneck Growers' Market	909 East Main Road (Rte 138) Middletown	848-0099	9 am - 1 pm	June 12 - Oct 23	Saturday
			2 pm - 6 pm	June 16 - Sept 29	Wednesday
The Block Island Farmers' Market	Manisses Corner Aunder the apple trees@	466-2875	9 am - 11 am	June 16 - Sept 8	Wednesday
	Negus Park		9 am - 11 am	June 19 - Oct 16	Saturday
The Goddard Park Farmers' Market	Goddard State Park, Warwick	222-2781	9 am - 1 pm	May 7 - Oct 29	Friday
The Downcity Farmers' Market	Hope High School, Hope St	647-3863	9 am - 1 pm	June 19 - Oct 30	Saturday
	Central Falls: Broad Street Train Station		9 am - 1 pm	June 22 - Oct 26	Tuesday
	Woonsocket: Precious Blood Church Corner of Carrington and Park		9:30 am - 1 pm	June 21- Oct 25	Monday
The Newport Farmers' Market	Dr. Marcus Wheatland Blvd. (behind Salvation Cafe)	849-7359	9 am - 1 pm	May 29 - Oct 30	Saturday
			2 pm - 6 pm	June 2- Oct 27	Wednesday
The South Kingstown Farmers' Market	URI-Keaney Gym Parking Lot. Rte. 138	397-4702	9 am - 12 pm	May 1- Oct 30	Saturday
	Marina Park, Wakefield (off Rte 1)		3 pm - 6 pm	May 4 - Oct 26	Tuesday
Peak Season Marketplace	High Street, Westerly RI. (Next to post office)	348-0733	9 am - 2 pm	July 1- Sept 23	Thursday
The Colt Park Farmers' Market	Colt State Park, Bristol	222-2781	2 pm - 6 pm	June 9 - Oct. 27	Friday
Foster's Farmers' Market	Route 6 and Route 94 Located in the yard of Country Side Pizza	647-9175	9 am - 1 pm	ALL SUMMER	Saturday

RI Apple Orchards

Pick Your Own! & Cider Mill Operations

PRODUCT CODE KEY

A= Pick - Your - Own
 B= Cider Made on Premises
 C= Peaches
 D= Pears
 E= Apples Sold by the Pound

NAME	ADDRESS	PHONE (401)	MONTHS	DAYS	HOURS	PRODUCTS
SNOWHURST FARM	462 Chopmist Hill Road Chepachet	568-8900	Year Round	7 Days	8:30am-6pm	A-B-C
PIPPIN APPLE ORCHARD	751 Pippin Orchard Road Cranston	943-7096	July-Dec.	7 Days	9am-5pm	A-C-D
WILLIAM BASCOMBE Sr.	5 Old W. Wrentham Road Cumberland	658-2935	Please Call First	Please Call First	Please Call First	C & E
PHANTOM FARMS	Diamond Hill Road Cumberland	333-2240	Year Round	7 Days	7am-7pm	A & B
BRIARBROOK FARM	2693 South County Trail Rt 2 East Greenwich	884-2066	May-Dec.	7 Days	8am 6pm	B & E
BARDEN ORCHARDS	Putnam Pike Glocester	934-1413	Sept.-Oct.	Sat. & Sun.	9am-6pm	A & C
KNIGHT'S FARM	1 Snake Hill Road Glocester	949-0234	Please Call First	7 Days	8am-4:30pm	A
HAZARD BROTHER'S ORCHARD	99 Burnt Hill Road Hope	821-6561	Please Call First	7 Days	9am-6pm	A
HAZARDS' INDIAN ROCK ORCHARDS	89 Burnt Hill Road Hope	821-2169	Sept.-Feb.	7 Days	9am-5pm	E
HILL ORCHARD	86 Windsor Ave. Johnston	949-2940	Please Call First	7 Days	10am-5pm	A-B-C
NARROW LANE FARM	213 Narrow Lane, North Kingstown	294-3584	Aug.- Oct.	7 Days	9am-6pm	A & C
BARDEN ORCHARD	56 Elmdale Road, North Scituate	934-1413	Aug.-Nov.	7 Days	8am-6pm	A & C
HERBERT BLANCHARD	255 Greenville Road, North Scituate	934-0040	Year Round	7 Days	8am-6pm	C & E
SUNSET ORCHARDS	Gleaner Chapel Road, North Scituate	934-1900	Aug.-Dec.	7 Days	9am-5pm	A & B
WHITE OAK FARM	74 White Oak Lane North Scituate	934-0749	Sept.-Nov.	Tues.- Sun.	9am-5pm	A & E
CHRISTIANSSEN ORCHARD AND FARM STAND	RT 102/934 Victory Highway North Smithfield	766-6533	July-Dec.	7 Days	10am-4pm	A & C
FARMLANDS	474 Wapping Road Portsmouth	847-1233	Sept.-Nov.	7 Days	11am-5pm	B-C-D & E
APPLELAND ORCHARD	135 Smith Ave. RT 116 Smithfield	949-3690	Aug.-Dec.	7 Days	9am-5pm	B-C-E
MATTEO'S FARM	90 Swan Road Smithfield	231-4393	Sept.-Jan.	7 Days	9am-4:30pm	A & C
HENRY STEERE ORCHARDS	150 Austin Ave. Smithfield	949-1456 949-1307	Aug.- March	7 Days	9am-5pm	A & C
JASWELL FARM	50 Swan Road Smithfield	231-9043	June-Dec.	7 Days	9am-6pm	A & B

RHODE ISLAND

PICK YOUR OWN

STRAWBERRIES - BLUEBERRIES - RASPBERRIES

NAME	ADDRESS	PHONE (401)	HOURS	MONTHS	DAYS
Macomber's Blueberry Farm	Old Rice City Road Coventry	397-5079	8am-Dusk	July-Sept.	Please call in advance
Pippin Orchard Nurseries and Farm	1199 Pippin Orchard Rd. Cranston	828-0358	7am-Noon	Please call in advance	Mon, Wed, Fri, Sun
Schartner Farms	Route 2 Exeter	294-2044 885-5510	8am-Dusk	Please call in advance	Daily
Yates Blueberry Farm	6 Snagwood Road Foster	647-7331	8am-4pm	July-Aug.	Please call in advance
Tikkanen Berry Farm	47 Kennedy Road Foster	397-3077	8am-5pm	June-Oct.	Daily
Harmony Farms	359 Saw Mill Road Harmony	934-0950	8am-4pm	July - Sept.	Please call in advance
Dame Farm	Brown Ave. Johnston	949-3657	9am-6pm	Please call in advance	Daily
Salisbury Farm	Plainfield Pike and Peck Hill Road Johnston	942-9741	7am-6pm	June, July, Sept., Oct.	Daily
Boughs and Berry Farm	255 Peckham Road Little Compton	635-8582	8am-6pm	July-Aug.	Please call in advance
Sweet Berry Farm	19 Third Beach Road Middletown	847-3912	9am-6pm	June-Dec.	Daily
Delvecchio's Farm	302 Potter Road North Kingstown	884-9598	8am-6pm	July-Sept.	Daily
Smith's Berry Farm	320 Shermantown Road North Kingstown	295-7669	8am-1pm	Please call in advance	Mon-Fri
			8am-5pm		Sat-Sun
Goodwin Brothers	Greenville Road & Providence Pike North Smithfield	767-2261 765-0368	9am-6pm	June-Oct.	Daily Please call in advance
Quonset View Farm	895 Middle Road Portsmouth	683-1254	8am-7pm	June-Sept.	Daily
Jaswell Farm	50 Swan Road Smithfield	231-9043	8am-8pm	June-Sept.	Mon-Fri. Sat. & Sun
Rocky Point Farm	130 Rocky Point Ave. Warwick	738-8010	8am-1pm	July-Aug.	Daily
The Berry Patch	Route 2 West Kingstown	789-8187	8:30am-5:30pm	June-Sept.	Daily
Manfredi Farms	77 Dunn's Corner Road Westerly	322-0027	9am-5pm	June-Oct.	Daily

**2000
RHODE ISLAND CERTIFIED
ORGANIC AND
TRANSITIONAL ORGANIC
FARMS**



BRISTOL COUNTY	
<p>Steve & Michele's Organic Produce Steve Ramos 52 Opechee Drive Bristol, RI 02809 253-5758 Wholesale & Retail Vegetables, Herbs and Edible Flowers</p>	
KENT COUNTY	
<p>Liberty Hill Herb Farm Richard Andrews 150 Liberty Hill Road West Greenwich, RI 02817 397-6397 Retail & Farmer's Market Herb Plants</p>	<p>Mistress Farm Joseph Loffredo 227 Victory Highway Coventry, RI 02816 397-0415 Retail Herb Plants</p>
<p>Woodvale Farm John Jacques, Farm Manager URI/W. Alton Jones Campus 401 Victory Highway West Greenwich, RI 02817 397-3304 Educational Farm - No Sales</p>	
PROVIDENCE COUNTY	
<p>Bear Tree Farm John Femino and Chicky LeClair 21A Plainfield Pike Foster, RI 02825 647-5248 Wholesale & Farmers Market Vegetables and Herbs</p>	<p>Burgess Farm Elaine Prior 24A Burgess Road Foster, RI 02825 647-3853 Farmer's Market Vegetables & Herbs *** Transitional Organic Designation Only</p>
<p>The Good Earth Organic Gardening Center John and Joyce Holscher 332 Seven Mile Road Hope, RI 02831 826-3130 Wholesale, Retail & Farmers Market Vegetables, Herbs, Flowers and Seedlings</p>	<p>Mauro Farm Bill Mauro 59a Balcolm Road Foster, RI 02825 397-4740 Wholesale & Farmers Market Vegetables & Herbs</p>

<p>Olde Allen Farm Jo-Anne Pacheco 840 Old Smithfield Road North Smithfield, RI 02896 762-1733 Retail Fruit, Vegetables and Herbs</p>	<p>Southside Community Land Trust Patrick McNiff, Program Director 288 Dudley Street Providence, RI 02907 273-9419 Wholesale & Retail Vegetables, Herbs and Flowers Educational Farm</p>
<p>Sweet Farm Richard and Linda Demaine 277 Waterman Avenue Esmond, RI 02917 231-3428 Wholesale, Retail Vegetables and Herbs</p>	
<p>NEWPORT COUNTY</p>	
<p>Bally Machree Farm William and Barbara O'Reilly 704 Jepson Lane Middletown, RI 02842 849-7037 Wholesale, Retail, Farmers Market & CSA Small Fruit, Vegetables, Herbs and Flowers</p>	<p>DeLucia's Berry Farm, Inc. Norman and Delores DeLucia 96 Willow Avenue Little Compton, RI 02837 635-2698 Wholesale & Retail Blueberries & Raspberries</p>
<p>Frank Chase Farm Mary Chase Hanks 2418 East Main Road Portsmouth, RI 02871 Wholesale & Retail Small Fruit, Tree Fruit and Flowers 683-2238 ***Organic and Transitional Organic Designation</p>	<p>Henseforth Farm Janet Hensle 460 East Road Tiverton, RI 02878 624-4184 Retail Vegetables, Herbs and Flowers</p>
<p>Hilltop Gardens Sharon Culbersen 389 Brayton Road Tiverton, RI 02878 624-8171 CSA Vegetables</p>	<p>Wishing Stone Farm Skip Paul 25 Shaw Road Little Compton, RI 02837 635-4274 Wholesale, Farmers Market Vegetables</p>
<p>WASHINGTON COUNTY</p>	
<p>Arcadian Fields Diana Kushner 94 Blitzkrieg Trail PO Box 1273 Hope Valley, RI 02832 539-7043 Wholesale, Retail, CSA Vegetables</p>	<p>Baby Greens/River Farm Jeffery Kamminga 2424 Tower Hill Road North Kingstown, RI 02852 440-9088 Wholesale & Retail Salad Greens</p>
<p>Beaver Rock Farm Mary Sampson PO Box 485 Carolina, RI 02812 364-5971 CSA, Farmer's Market Vegetables, Herbs</p>	<p>Bedrock Farm Thom and Angie Geary 106 Woodland Trail Wakefield, RI 02879 789-0645 Wholesale, Retail Medicinal Herbs www.bedrockfarmherbs.com</p>

<p>Block Island Vineyards, LTD. Elliot Taubman PO Box 277, Breezy Point Block Island, RI 02807 294-6168 Wine Grapes</p>	<p>Crosswinds Hope Ryan 800 Boston Neck Road North Kingstown, RI 02852 294-6168 Wholesale Vegetables, Flowers & Herbs</p>
<p>Casey Farm Mike and Polly Hutchison, Managers 2325 Boston Neck Road Saunterstown, RI 02874 295-1030 Wholesale & CSA Fruit, Vegetables, Herbs and Flowers</p>	<p>Earth Care Farm Michael Merner 89 Country Drive Charlestown, RI 02813 364-9930 Wholesale, Retail & CSA Fruit, Vegetables and Herbs</p>
<p>East West Farm Wilfred Sheridan 23 West Beach Road Charlestown, RI 02813 322-7103 Wholesale & Retail Fruit and Vegetables</p>	<p>Fort Neck Farm Malcolm Decker 114 King Tom Drive Charlestown, RI 02813 364-6048 Wholesale and Retail Vegetables</p>
<p>Great Swamp Farm Ruth Platner & Cliff Vanover 59 Maize Drive Charlestown, RI 02813 364-3832 Wholesale, Retail & Farmers Market Fruit, Vegetables, Herbs and Medicinal Herbs</p>	<p>Greenview Farm Craig Totten 900 Tuckertown Road Wakefield, RI 02879 788-0900 Wholesale, Retail, Farmers Market & CSA Vegetables & Herbs</p>
<p>Hillandale Farm Max and Ulrike Hence Haversham Road 6a Westerly, RI 02891 322-1055 Wholesale Vegetables</p>	<p>In The Woods Farm Fred and Pat Vohr 51 Edwards Lane Charlestown, RI 02813 364-0050 Wholesale, Retail & Farmers Market Vegetables and Herbs</p>
<p>Shannock Organic Farm Noel Rowe 1411 Shannock Road Charlestown, RI 02813 364-7140 Retail Small Fruit, Vegetables, Herbs and Flowers</p>	<p>Sosnowski Farm Sue and Mike Sosnowski 680 Glen Rock Road West Kingston, RI 02892 783-7704 Retail & Farmers Market Christmas Trees, Sod, Small Fruit and Vegetables</p>
<p>Stinky Acres Skip Keane 155a Skunk Hill Road Exeter, RI 02822 539-4085 Wholesale Shitake Mushrooms</p>	

SWEETS OF RHODE ISLAND

A LIST OF HONEY AND MAPLE SYRUP PRODUCERS

NAME	ADDRESS	TEL. (401)	MONTHS	DAYS	HOURS	PRODUCTS
Betty's Bee Farm	1777 Victory Highway, Burrillville	568-8449	Please Call First	Please Call First	Please Call First	Honey, & Beeswax Candles
Great Swamp Farm	59 Maize Drive, Charlestown	364-3832	Year Round	7 Days	Please Call First	Honey & Flowering Perennials, Medicinal Herbs
Claire M. Desrosiers	275 Pine Orchard Road, Chepachet	568-1875	Please Call First	Please Call First	Please Call First	Honey
William E. Farnum	150 Paris Irons Road, Chepachet	568-8630	Please Call First	Please Call First	Please Call First	Honey
Joseph Verrier	9 Gentry farm Drive, Coventry	397-4848	Please Call First	Tues, Thur & Sat.	Please Call First	Honey & Honey Combs
Richard E. Vezina	190 Shippee Plat Road, Coventry	397-3896	Please Call First	Please Call First	10 am-5 pm	Honey, Beeswax, Beekeeping Equipment & Instruction
David Clayton Partridge Creek Farm	Liberty Church Road, Exeter	294-2116	Sept.-Nov.	Sat. & Sun.	Please Call First	Honey
William M. Jones	61 Kennedy Road, Foster	397-3269	Please Call First	Please Call First	Please Call First	Honey, Hay & Rabbits
Thomas Chadwich	20 Pine Hill Road, Johnston	647-2032	Please Call First	Please Call First	Please Call First	Honey
Jack Crook	461 West Main Road, Little Compton	635-4213	Please Call First	Please Call First	Please Call First	Honey
Jim Siligato	P.O. Box 171 Narragansett	783-3933	Year Round	Sun.-Sat.	9 am - 5 pm	Honey
Jacquelyn Dawley	431 School Street North Kingstown	884-8878	Year Round	Sat. & Sun.	1 pm - 5 pm	Honey
Dick Sheridan	50 Hendrick Ave. North Kingstown	295-8962	July-Jan.	Please Call First	Please Call First	Honey, Chunk Honey & Beeswax
Karen Dittman	3 Iron Horse Terrace, North Kingstown	294-2998	Year Round	Mon-Thur	5 pm - 8 pm	Honey
Walter F. Simmons, JR. Homestead Honey	5 Homestead Ave., Smithfield	232-2946	Please Call First	7 Days	After 6 pm	Honey, Totally Organic Raw Honey
Louis J. Chasse, II	420 Congdon Hill Road, Saunderstown	295-0888	Year Round	Mon.- Sat.	1 pm - 5 pm	Honey, Honey Bees, Beeswax, Candles, Beekeeping Equipment
Charles Sohl The Cookie Jar Bed and Breakfast	64 Kingstown Road, Richmond	539-2680	Year Round	7 Days	Please Call First	Honey, Raw Honey, Creamed Honey, Comb Honey, Bears
Kent Cameron	256 Buttonwoods Drive, Warwick	738-6579	June-Dec.	Please Call First	Please Call First	Honey
D&R Robitaille Honey Farm	88 Lewis Street Warwick	732-6599	Please Call First	Please Call First	7 am - 9 pm	Honey, Pollination & Bee Removal Services, Observation Hives
John, Janet Balletto What Cheer Herbs	151 Tidewater Drive, Warwick	732-1009	Sept.-Oct.	Please Call First	Please Call First	Honey
Stanley A. Peasley	64 Division Road West Greenwich	884-4210	Apr.- Oct.	Mon.-Sat.	9 am - 5 pm	Honey
Charlie's Sugarhouse	124 Hall Road Greene	397-7102 826-4873	Feb.-Apr.	Sat.-Sun.	10 am - 5 pm	Maple Syrup Maple Candy School Tours
Robert Harmon	12 Hall Road Greene	397-7526	March	Sat.-Sun.	Please Call First	Maple Syrup
Kingston Syrup	1824 Moorsefield Road, Kingston	789-0670	Feb.-Mar.	Sat.-Sun.	Noon-6 pm	Maple Syrup
Spring Hill Sugar House	522 Gardner Road, Richmond	295-7273	Please Call First	Please Call First	Please Call First	Maple Syrup Honey Apples Cider Pumpkins

2001 Rhode Island Marine Fisheries Commonly Caught Fish & Shellfish

OYSTER

- Minimum size 3" longest axis
- Season September 15 – May 15

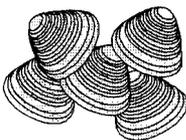
QUAHOG (HARD SHELL CLAM)

- Minimum size 1" hinge width



SOFT SHELL CLAM

- Minimum size 1 1/2" longest axis



MUSSEL

- Minimum size 1 1/2" longest axis



BLUE CRAB

- Minimum size 5" spike to spike/RI resident only
- Taking prohibited sunset to sunrise
- No possession of egg-bearing crabs

BLUEFISH

- No minimum size
- 10 fish/person/day



STRIPED BASS

- Minimum size 28"
- 2 fish/person/day



BLACK SEA BASS

- Minimum size 11"
- 25 fish/person/day
- Season May 10 – December 31

LOBSTER

- Minimum size 3 9/32" carapace length
- Licensed resident only



WEAKFISH

- Minimum size 16"
- No possession limit

SUMMER FLOUNDER

- Minimum size 17 1/2"
- 6 fish/person/day
- Season May 26 – September 3



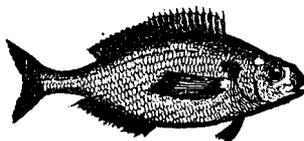
WINTER FLOUNDER

- Minimum size 12"
- 4 fish/person/day
- Season April 21 – May 27, September 29 – October 29



SCUP

- Minimum size 10"
- 50 fish/person/day



TAUOG

- Minimum size 16"
- Season May 1 – October 14, 3 fish/person/day
- Season October 15 – December 31, 10 fish/person/day

Boating Safety Message

Wear your life jacket!
It won't work if you don't wear it.
Don't mix alcohol with boating.

Shellfish Only

Check the area for pollution and limits.
Non residents must be licensed.

- Please don't litter.
- Respect the environment and the rights and property of others.
- Check with RI law and fish regulations for updates and specifics.

Department of Environmental Management
Division of Law Enforcement
83 Park Street • Providence, RI 02903
Emergencies/complaints: 401-222-3070
www.state.ri.us/dem

Purchasing Seafood is Easy

U.S. Department of Commerce, *Seafood Inspection Program*
Toll Free (800) 422-2750

Step up to the seafood counter or frozen fish case, and you'll see an enticing display of one type of seafood after another. How do you choose?

A good first step is to wait until you are at the store before deciding which type to buy. Go ahead and plan your menu for seafood, but wait until you are at the store before deciding the exact type of fish. Here you will be able to select the freshest items in the case, and take advantage of what's on sale whether fresh or frozen

It's easy to tell when seafood is fresh. Just follow these general guidelines.

- When purchasing whole fish, look for eyes that bulge a little and are clear. This is usually a good indication that the fish is fresh. A few fish have naturally cloudy eyes, however, such as walleye pike.
- When purchasing whole fish or fish fillets, look for firm flesh. If you press the fish with your finger and it leaves an indentation, it is not the highest quality, even though it still may be good to eat. Also look for shiny flesh. Dull flesh may mean that the fish is old. On fish fillets that have been previously frozen, of course, flesh may not be as shiny due to the freezing process, but are great to eat.



- Check to make certain that there is no darkening around the edges of the fish or brown or yellowish discoloration, especially if these areas appear dry or mushy. If you are still uncertain about how fresh the fish is, ask to have it rinsed under cold water and then smell it. Fresh fish should have no fishy or ammonia smell.
- Live clams, oysters, and mussels may have slightly gaping shells and should close tightly when tapped. Live crabs and lobster legs should show leg movement. Leg activity will lessen if refrigerated, but legs should show some movement. If not, the shellfish may be dead and should be discarded.

Much frozen fish today compares in quality to fish directly out of the water.

Fresh catches are immediately processed and frozen at very low temperatures, frequently right on board the vessel.

When buying frozen fish keep in mind the following guidelines.

- Whole fish should be free of ice crystals, with no discoloration.
- Fillets or steaks should be solidly frozen in the package.
- There should be no evidence of drying out, such as white spots, dark spots, discoloration or fading of red or pink flesh.
- There should be no signs of frost or ice particles inside the package. If ice crystals are present, the fish has either been stored for a long period or thawed and refrozen. There should be no liquid, frozen or thawed, in evidence in the package.
- Make sure there are no open, torn or crushed edges on the packages.
- Avoid packages that are above the frost line in a store's display freezer.

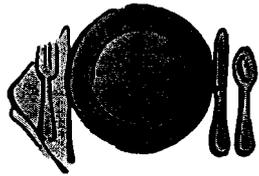


How much to Buy?

- Whole or round fish - 3/4 to 1 lb. per person
- Dressed or cleaned - 1/2 to 3/4 lb. per person
- Fillets and steaks - 1/3 lb. to 1/2 lb. per person
- About 1/4 lb. to 1/3 lb. per person for cooked crab meat, cooked lobster meat, surimi products, cooked and peeled shrimp, raw scallops, raw cleaned squid
- Live:
 - 1 to 2 lb. lobster per person
 - 1 to 2 lb. crabs per person
 - 12 to 15 mussels per person
 - 6 to 12 oysters depending on size
 - 6 to 12 clams depending on size

Enjoy!

Seafood offers a variety of choices and is a great way to a light and healthy diet. It's low in fat and calories and easy to digest. Accompany seafood with a variety of vegetables and sauces. Seasonings, light sauces, stuffings, and fresh vegetables can complement any seafood dish.



Workshop Evaluation

Name: (optional) _____

Use the following scale to evaluate the workshop:

Strongly Agree = 4 Agree = 3 Disagree = 2 Strongly Disagree = 1

1. Information was presented in a clear and organized manner. _____

2. Presenter(s) were organized and well prepared. _____

3. Handouts and materials were relevant to the information. _____

4. Group participation activities were appropriate. _____

5. Questions were answered sufficiently. _____

6. I will be able to use information. _____

7. What did you like the most about today's session?

8. What did you like the least about today's session?

9. What new information did you learn today?

10. What could the presenter(s) do differently to deliver this information more effectively?
